

SD Medicaid Health Homes Presentation



BETTER CHOICES
better health[®]
GOOD&HEALTHY SOUTH DAKOTA COMMUNITIES

Better Choices, Better Health[®] South Dakota
Diabetes Self-Management Program
June 27th, 2018

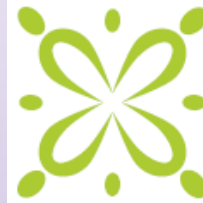
Better Choices Better Health BETTER CHOICES better health® GOOD & HEALTHY SOUTH DAKOTA COMMUNITIES

- ❑ Developed by Stanford University (*implemented in early 1990's*),
now managed by Self-Management Resource Center
- ❑ Well-established, evidence-based, rigorously reviewed
 - *20 years of data collection*
 - *National Institutes of Health and the CDC*
- ❑ Supported by National Council on Aging (NCOA)
- ❑ 27 countries and all 50 states

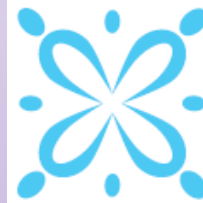
Suite of BCBH® SD Self-Management Education Programs:



- Chronic Disease
- Diabetes
- Chronic Pain
- Worksites



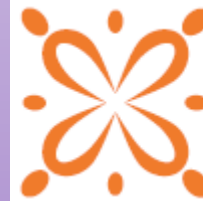
BETTER CHOICES
better health
CHRONIC DISEASE



BETTER CHOICES
better health
DIABETES



BETTER CHOICES
better health
CHRONIC PAIN



BETTER CHOICES
better health
WORKSITES

Take Charge. Live Healthy.

Better Choices, Better Health® SD offers chronic disease self-management education workshops that are designed to help adults living with ongoing physical and/or mental health conditions and caregivers understand how healthier choices can improve quality of life, boost self-confidence, and inspire positive lifestyle changes.

The program consists of 4 different self-management workshops: chronic disease, diabetes, chronic pain, and worksite chronic disease. Workshop participants will find a supportive community to help them get through their daily activities and manage physical and mental health wellness. When they have the support and tools to make healthier choices, they can improve their health and lead fuller lives.



CHRONIC DISEASE WORKSHOPS

have been designed to bring adults living with different physical and/or mental health conditions and caregivers together to learn new ways to problem solve, create action plans and manage multiple chronic conditions.



DIABETES WORKSHOPS

are designed for adults living with prediabetes, type 2 diabetes, and caregivers. Special emphasis will be placed on monitoring, identifying symptoms of hypoglycemia, preventing complications, foot care and menu planning.



CHRONIC PAIN WORKSHOPS

are for adults living with chronic pain. Participants will learn about the differences between acute and chronic pain, how to pace activity, prioritize rest, and balance life.



WORKSITE CHRONIC DISEASE WORKSHOPS

are supported by employers for their employees to discuss the challenges of balancing work and a chronic condition. Participants will learn new techniques to manage their health conditions, and how to balance work and home life with an emphasis on stress management.

Let's do this. Together.

For more information, or to register: betterchoicesbetterhealthsd.org or 1-888-484-3800



For the Better Choices, Better Health® South Dakota program, we adhere to AA/EEO guidelines in offering educational programs and services.

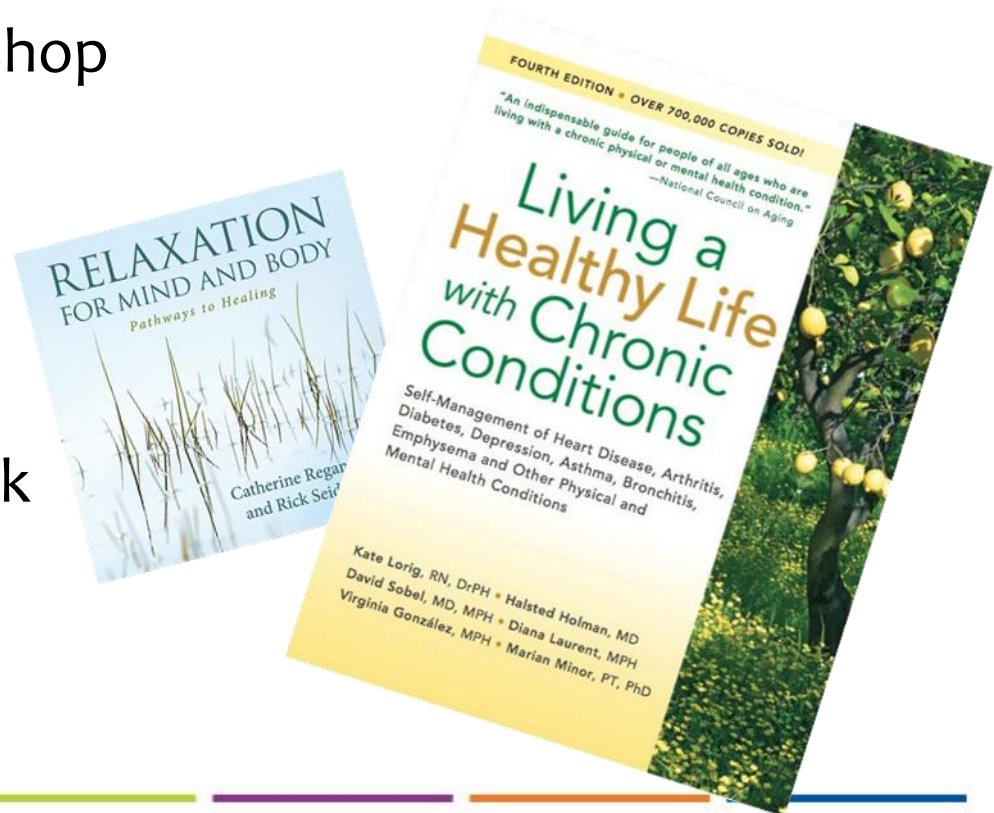
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Workshop Format



- ✓ 10-15 participants meet weekly for 2 ½ hour sessions for 6 weeks at community site
- ✓ Lay led by 2 trained workshop facilitators with chronic health problems
- ✓ Free of Charge
- ✓ Interactive
- ✓ Participants receive a book and relaxation CD



BCBH Key Workshop Topics



1. Using your mind to manage your symptoms
2. Communicating with friends, family and providers
3. Dealing with anger, depression and difficult emotions
4. Designing and maintaining a healthy eating and exercise plan
5. Managing pain and fatigue
6. Goal setting, problem solving and coping
7. Relaxation and stress management skills
8. Appropriate use of medications

Diabetes Management Topics



- Techniques to manage symptoms of diabetes including hyper/hypoglycemia, fatigue, pain and emotional stress
- Exercise for maintaining and improving strength and endurance
- Healthy eating
- Working more effectively with health care providers

The Self-Management Toolbox



- Physical activity
- Medications
- Monitoring
- **Action Planning**
- Stress Management
- Avoiding Complications
- Understanding emotions
- **Problem-solving**
- Using your mind
- Not Smoking
- Communication
- Healthy eating
- Working with health professionals
- Decision-Making

Key Program Details



- **Treatment is never altered** and participants are directed to follow physicians' orders and discuss concerns with their health care provider
- **Designed to complement** clinical treatment and disease-specific education
- **Assists in developing action plans** and provides group support to accomplish them

Diabetes Self-Management Program Outcomes:



Original research shows that **six months** after the workshop, participants had significant improvements ($P < .01$) in the following areas:

- Depression
- Symptoms of hypoglycemia
- Communication with physicians
- Healthy eating
- Reading food labels
- Patient activation
- Self-efficacy

Source: Lorig K, Ritter PL, Villa FJ, Armas J, Community-based peer-led diabetes self-management: a randomized trial. *Diabetes Educator*, 35(4):641-651, 2009

OCTOBER 2014-DECEMBER 2017 PROGRAM REPORT

PARTICIPANTS

856 people have
attended a workshop...

... of those who attended
a workshop, **64%** have
attended at least
4 out of the **6** sessions

97 WORKSHOPS HELD IN THE FOLLOWING COMMUNITIES



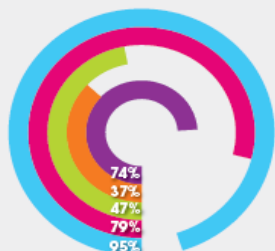
Master Trainer Training
Pierre, September 2014

Lay Leader Training
Huron, September 2016
Sioux Falls, June 2016
Huron, November 2016
Rapid City, February 2016

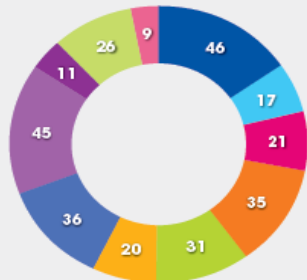
Brookings, April 2018
Pine Ridge, August 2018
Mitchell, March 2017
Wakarusa, July 2017

Sioux Falls Lay Leader
Sioux Falls, December 2017

WHO HAS ATTENDED



White Female Disabled
Lives alone 60+ years old



Arthritis Cancer Chronic Pain Depression Diabetes Heart Disease
High Cholesterol High Blood Pressure Obesity Lung Disease Osteoporosis

betterchoicesbetterhealthsd.org



SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture.
Learn more at igrow.org
P 6003-2018



"PERFECT is the word that describes how I feel about the Better Choices, Better Health SD workshops. I attended both the online and face-to-face workshop. I have been *challenged*, *encouraged*, and down-right *impressed* with the depth of the workshop. The depth of the program and yet the practical approach have changed my life for the better."

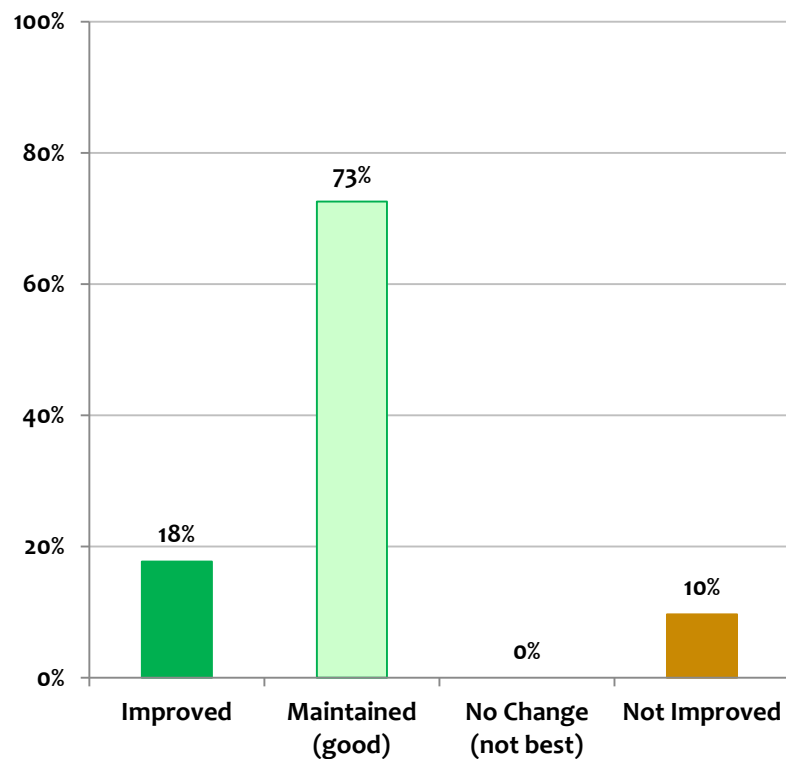
— Lois, BCBH participant (pictured left)



Participant Outcomes

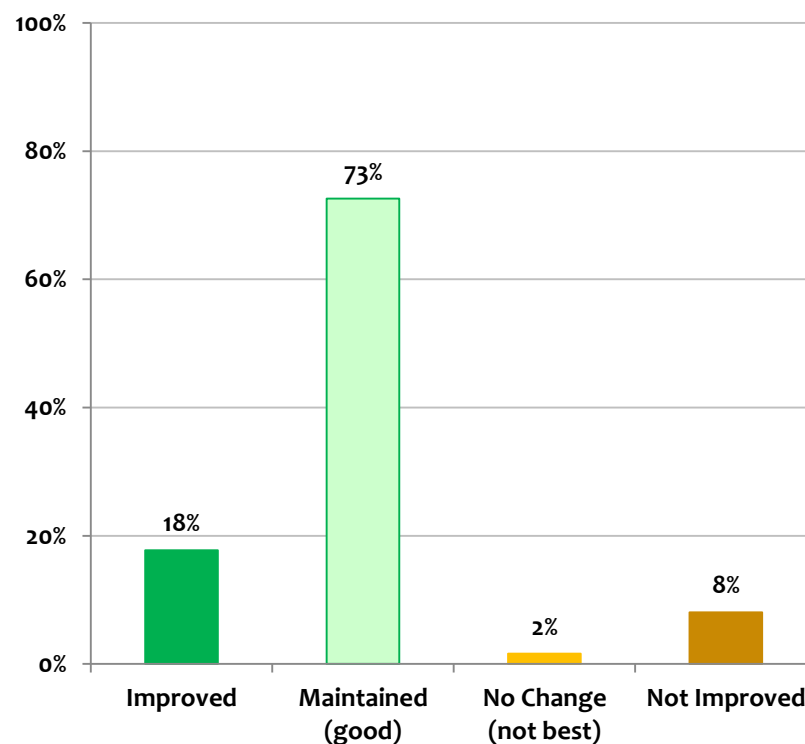
**Do You Feel You Can Make a Plan
With Goals that Will Help Control
Your Diabetes?**

N=62



**When You Need It, Do You Feel You Can Ask for
Support on How to Live With and Take Care of
Your Diabetes?**

N=62

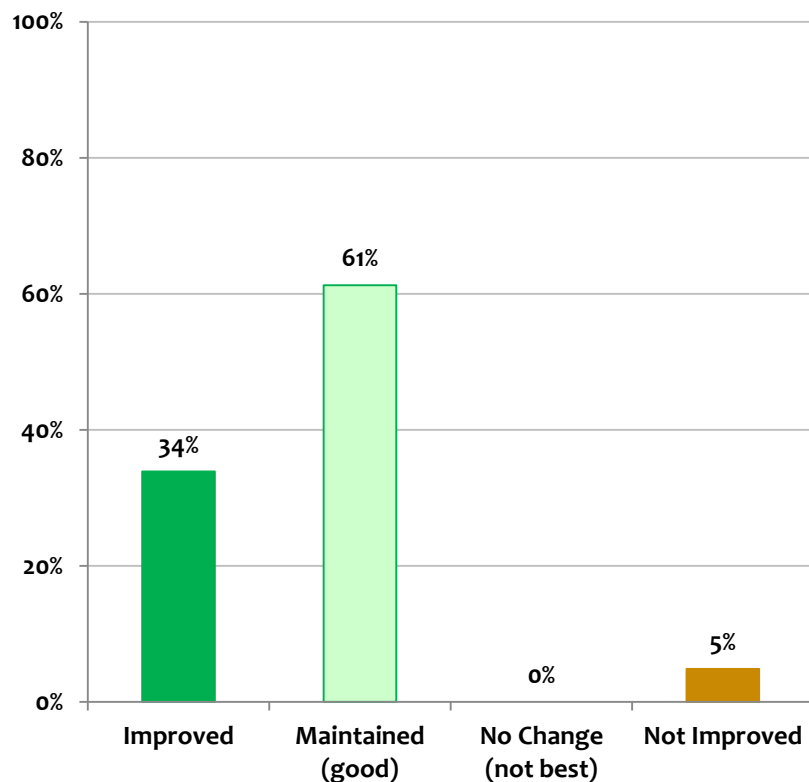




Participant Outcomes

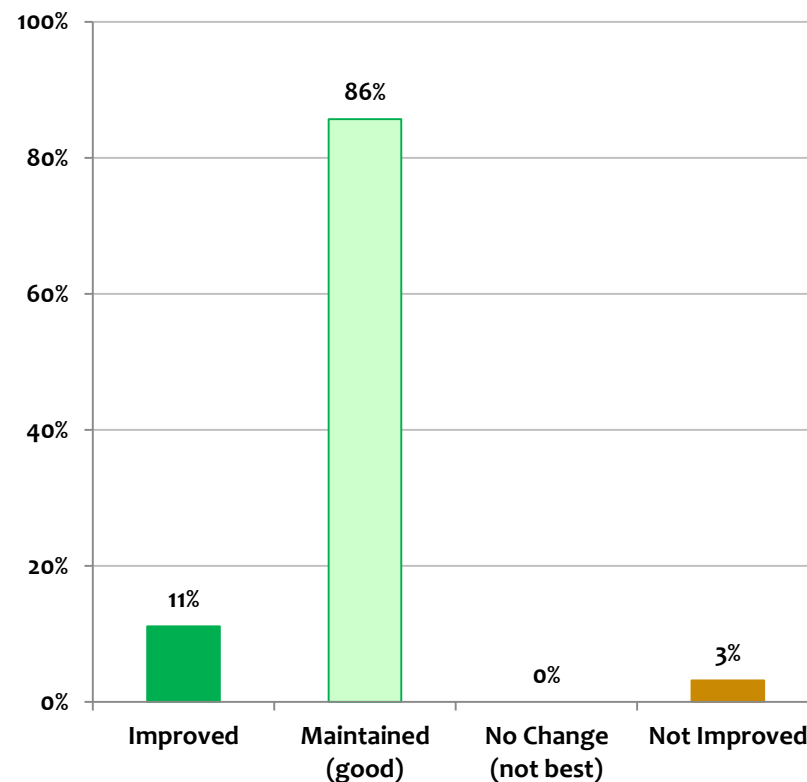
**Do You Know Healthy Ways to Handle the Stress
Related to Your Diabetes?**

N=62



**Do You Feel You Can Ask Your Doctor Questions
About Your Treatment Plan?**

N=63

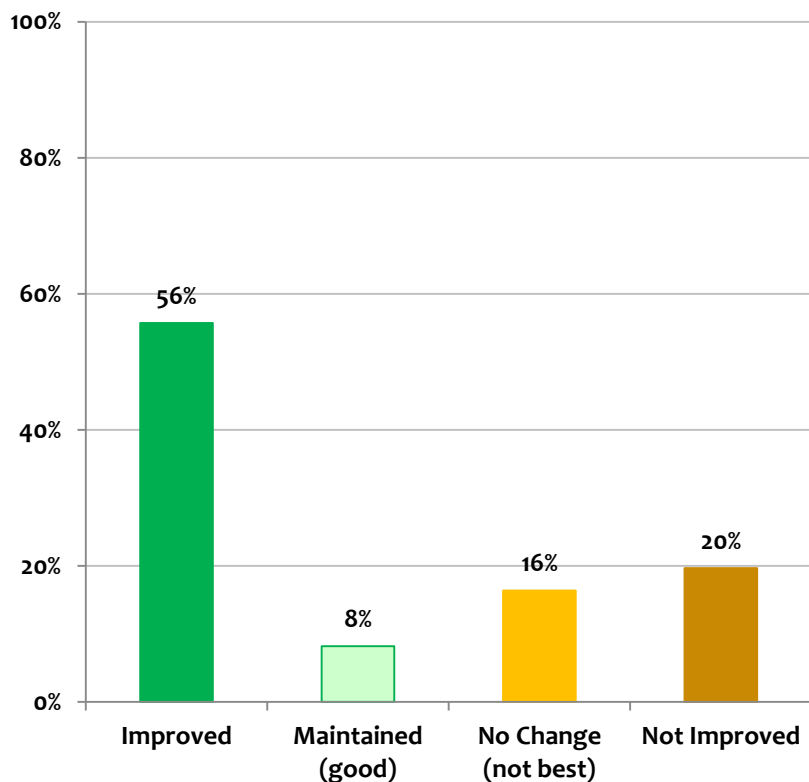




Participant Outcomes

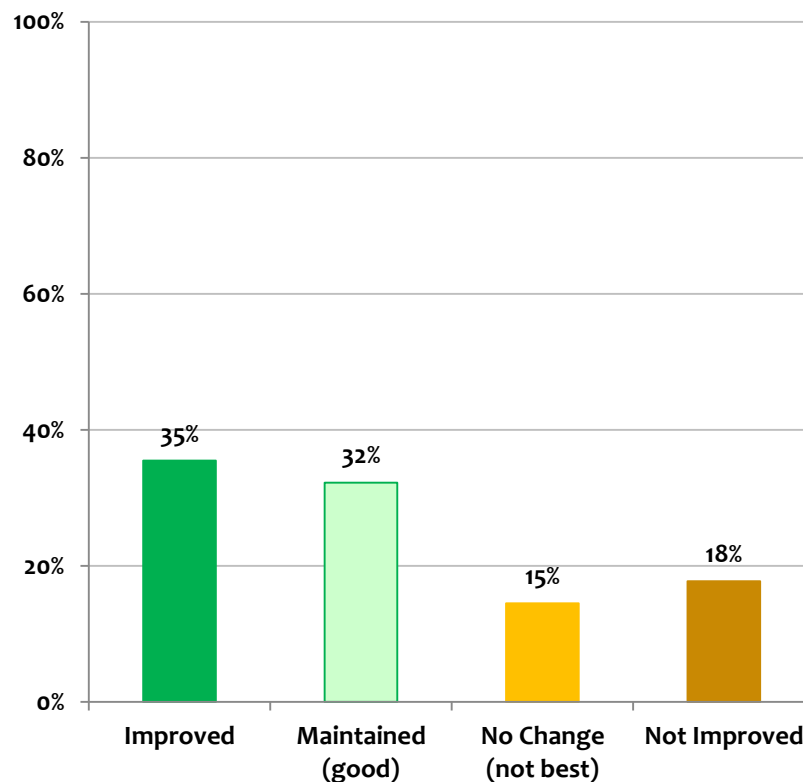
In the Last Week, How Many Days Did You Exercise for at Least 30 Minutes?

N=61



In the Last Week, How Many Days Did You Check Your Feet?

N=62



Clinical Outcomes



Eye Exams

First Total	Second Total	Total Improved	Total Reporting Data
12	15	6	23
52.2%	65.2%	26.1%	

HA1C

Improved Total	Total Reporting Data
14	20
70.0%	

Foot Exams

First Total	Second Total	Total Improved	Total Reporting Data
13	19	8	23
56.5%	82.6%	34.8%	

LDL

Improved Total	Total Reporting Data
15	17
88.2%	

Clinical Outcomes



HDL

Improved Total	Total Reporting Data
15	17
88.2%	

Cholesterol

Improved Total	Total Reporting Data
15	17
88.2%	

Triglycerides

Improved Total	Total Reporting Data
16	17
94.1%	

Blood Pressure

Improved Total	Total Reporting Data
11	20
55.0%	

Clinical Outcomes



Weight

Improved Total	Total Reporting Data
15	20
75.0%	



Average % Improved over all measures

68.9%



How to Refer



- Fax Referral Form 1-605-928-4429
- Patients can self-refer
 - 1-888-484-3800
 - www.betterchoicesbetterhealthsd.org

Contact



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Diabetes Program Manager

Master Trainer –
BCBH Diabetes
BCBH Chronic Disease
BCBH Chronic Pain

Great Plains Quality Innovation
Network/South Dakota Foundation for
Medical Care

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